

Dyslexia association to hold rope skipping competition on Feb 18

KUCHING: The Dyslexia Association of Sarawak is holding a Rope Skipping Competition on Feb 18 at the Universiti Malaysia Sarawak's Medical and Health Science Faculty at Jalan Tun Ahmad Zaidi here.

It is open to all children with disabilities such as dyslexia, autism, attention deficiency hyperactivity disorder (ADHD) and cerebral palsy. It is also for the hearing, visually and physically impaired.

The competition is hoped to encourage young children to be competitive and instill in them the sporting spirit. This exercise is also a good physical activity to balance the left brain/right brain functions of our children.

The competition is divided into two categories – 20-minute skipping challenge (based on number of skips within a 20-minute time limit) and a three-minute creative rope skipping challenge. The challenges will also be open in individual and group categories with a minimum of three children.

Participants will have to bring their own skipping ropes and their disability (OKU) card to register. The entrance fee is RM10 per participant. Sport shoes and attire are required.

For more information, contact Cresentheia Annis at 014-887 9185, 082-242 900 or email baeng_ku@yahoo.com.